

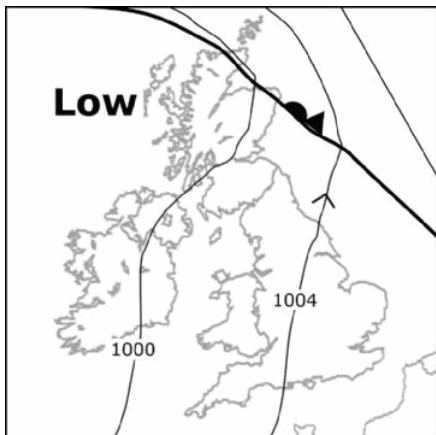
# Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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## General Summary for Sunday, 8 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 8 February, 2026

Little change with rain or on higher areas in Scotland snow on and off - showery in character Wales; and the mountains extensively foggy. Fairly light wind - except in northern Scotland at first.

### Headline for Southern Uplands

Rain on and off; extensive fog. Light wind.

## Detailed Forecast for Sunday, 8 February, 2026

How windy? (On the summits)	Southerly 15 to on higher tops 20mph.
Effect of wind on you?	Small
How wet? (Precipitation and its impact)	<b>Occasional rain</b> Rain and drizzle now and again.
Cloud on the hills?	<b>All or nearly all summits persistently covered.</b> Persistent fog most of region, but by afternoon perhaps a few breaks to 600m and here and there higher slopes briefly clearing or between cloud layers.
Chance of cloud free summits?	<b>Less than 10%</b>
Sunshine? Air clarity (below cloud)	Widely dull, misty or murky.
How Cold? (at 750m)	2C
Freezing Level	Above the summits.

## Southern Uplands - Looking Ahead

	Monday 9 February	Tuesday 10 February
<b>How windy? (On the summits)</b>	South-easterly 15 to 25mph.	Southeasterly between 30 and 40mph; possibly ease toward 20mph during day
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Walking increasingly arduous with height: here and there sudden gusts reaching lower slopes northwest of major summits. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patches or spots of rain here and there</b> Within an overcast environment, here and there patches, or occasional spots, of rain, particularly hills near and east of the M74 where heavier bursts of rain.	<b>Rain on and off; sleet higher tops</b> Rain, drizzle or above about 750m sleet on and off - although may mostly fizz out from the south.
<b>Cloud on the hills?</b>	<b>Extensive</b>  Hill fog again extensive. Highest bases hills nearest central belt, but even there covering tops, but fleeting if any breaks.	<b>Mountains persistently foggy</b>  Borders: Persistent fog above 300 to 450m. Further west, most cloud above 400m, breaks to 600m, perhaps widely in afternoon.
<b>Chance of cloud free summits?</b>	<b>20%</b>	<b>Almost nil</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast.  General haze, extensive areas of mist and murk.	Widely dull and murky; possibly improving from south particularly Dumfries and Galloway afternoon.
<b>How Cold? (at 750m)</b>	2C	1 or 2C Will feel near -10C directly in the wind.
<b>Freezing Level</b>	Above the summits	Just above highest summits.

**Planning Outlook****All mountain areas of Britain from Monday, 9 February, 2026**

Little change over the next few days with continued foggy conditions over most mountains, and rain, or on higher mainly Scottish areas snow. Intermittently southeasterly winds approaching gale force.

Later in the week, progressively colder from the north with fresh snow on many mountains.

**Forecast issued at 12:07 on Saturday, 7 February, 2026**

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2026.